

# Struthers Elementary Lunch Menu

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## Aug –September

# Wildcats

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk  
**\*Students must choose at least one fruit or vegetable**

### Fresh Fruits and Vegetables Offered Daily

**\*Vegetables may include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
**\*May choose two 1/2 cup servings**

**\*Fruits may include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
**\*May choose 1/2 cup serving**

**MENUS SUBJECT TO CHANGE**

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Paid \$x.xx  
Reduced \$.xx  
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	Chicken nuggets Tri Potato Choice of Fruit Choice of Milk	27 Bosco Cheese Sticks Dipping Sauce Corn Choice of Fruit Choice of Milk	28 Papa Johns Romine salad Choice of Fruit Choice of Milk <b>COOKIE</b>	29 NO SCHOOL	30 NO SCHOOL
2	Holiday Day	3 Cocoa's Pepperoni Rolls Dipping Sauce Green Beans Choice of Fruit Choice of Milk	4 Papa Johns Romine salad Choice of Fruit Choice of Milk <b>COOKIE</b>	5 Pancakes Sausage Links Tri Potato Choice of Fruit Choice of Milk	6 Corn Dog Baked Beans Choice of Fruit Choice of Milk <b>Chex Mix</b>
9	Hamburger French Fries Choice of Fruit Choice of Milk	10 Walking Taco Salas / Cheese Refried Beans Choice of Fruit Choice of Milk	11 Papa Johns Romine salad Choice of Fruit Choice of Milk <b>COOKIE</b>	12 Pasta / Meatballs Celery & Carrots / dip Choice of Fruit Choice of Milk	13 Turkey ,Ham, cheese sub Celery & Carrots /dip Choice of Fruit Choice of Milk
16	Chicken Nuggets Mashed potato Gravy Choice of Fruit Choice of Milk	17 Chicken Quesadilla Glazed Carrots Choice of Fruit Choice of Milk	18 Papa Johns Romine salad Choice of Fruit Choice of Milk <b>COOKIE</b>	19 Corn Dog Baked Beans Choice of Fruit Choice of Milk <b>Potato Chips</b>	20 Mexican Pizza Green Beans Choice of Fruit Choice of Milk
23	Hamburger corn Choice of Fruit Choice of Milk <b>Doritos</b>	24 Walking Taco Salas / Cheese Refried Beans Choice of Fruit Choice of Milk	25 Papa Johns Romine salad Choice of Fruit Choice of Milk <b>COOKIE</b>	26 Meatball Sub Celery & Carrots Sticks Dipping Sauce Choice of Fruit Choice of Milk	27 Toasted Cheese Tomato Soup Goldfish Crackers Choice of Fruit Choice of Milk
30	Bosco cheese sticks Broccoli Fruit Milk	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate